

NADAP E-Gram

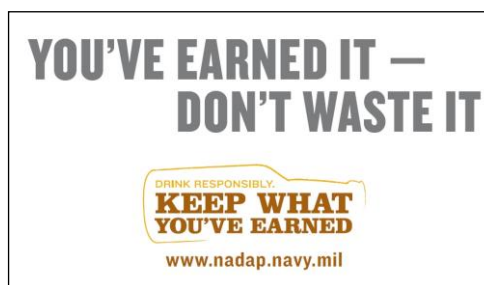
Navy Alcohol and Drug Abuse Prevention

National Drunk and Drugged Driving Prevention Month

December is National Drunk and Drugged Driving Prevention Month (often referred to as 3D Month), a time to raise awareness about the consequences of driving under the influence of alcohol and drugs.

Daily, in the United States, almost 30 people die in motor vehicle crashes that involve an alcohol-impaired driver. This amounts to one death every 48 minutes. 3D Month reminds us to "Designate before We Celebrate" and encourages safe and sober driving.

Effective drugged driving prevention is one of the best ways to improve highway safety, to reduce illegal drug use and to get drug abusers into recovery treatment. NADAP presents "Keep What You've Earned" banners for order through the Navy Logistics Library. Learn how to order at www.nadap.navy.mil



IN THIS ISSUE

- 1 NATIONAL DRUNK AND DRUGGED DRIVING PREVENTION MONTH
- 2 MIXING ALCOHOL WITH MEDICINES
- 3 WHEN "DAY DRINKING" BECOMES DESTRUCTIVE DRINKING
- 4 HARM ASSOCIATED WITH UNDERAGE DRINKING IN THE UNITED STATES
- 5 DOD RED RIBBON WEEK AWARD WINNERS
- 6 ORDERING PREVENTION MATERIALS



Mixing Alcohol with Medicines

You've probably seen this warning on medicines you've taken. The danger is real. Mixing alcohol with certain medications can cause nausea and vomiting, headaches, drowsiness, fainting, or loss of coordination.

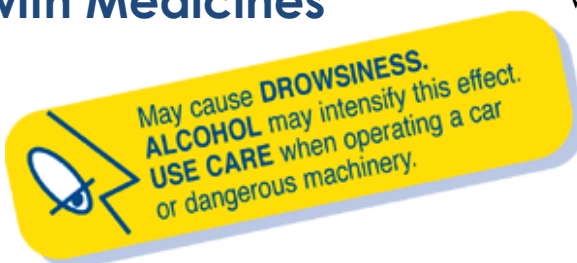
It also can put you at risk for internal bleeding, heart problems, and difficulties in breathing. In addition to these dangers, alcohol can make a medication less effective or even useless, or it may make the medication harmful or toxic to your body.

Some medicines that you might never have suspected can react with alcohol, including many medications which can be purchased "over-the-counter"—that is, without a prescription. Even some herbal remedies can have harmful effects when combined with alcohol.

Medications are safe and effective when used appropriately. Your pharmacist or other health care provider can help you determine which medications interact harmfully with alcohol.

Did You Know...

Mixing alcohol and medicines can be harmful. Alcohol, like some medicines, can make you sleepy, drowsy, or lightheaded. Drinking alcohol while taking medicines can intensify these effects. You may have trouble concentrating or performing mechanical skills.



Small amounts of alcohol can make it dangerous to drive, and when you mix alcohol with certain medicines you put yourself at even greater risk. Combining alcohol with some medicines can lead to falls and serious injuries, especially among older people.

Medicines may have many ingredients

Some medications—including many popular painkillers and cough, cold, and allergy remedies—contain more than one ingredient that can react with alcohol. Read the label on the medication bottle to find out exactly what ingredients a medicine contains. Ask your pharmacist if you have any questions about how alcohol might interact with a drug you are taking.

Some medicines contain alcohol

Certain medicines contain up to 10 percent alcohol. Cough syrup and laxatives may have some of the highest alcohol concentrations.

Alcohol affects women differently

Women, in general, have a higher risk for problems than men. When a woman drinks, the alcohol in her bloodstream typically reaches a higher level than a man's even if both are drinking the same amount.

When a woman drinks, the alcohol in her bloodstream typically reaches a higher level than a man's even if both are drinking the same amount. This is because women's bodies generally have less water than men's bodies. Because alcohol mixes with body water, a given amount of alcohol is more concentrated in a woman's body than in a man's. As a result, women are more susceptible to alcohol-related damage to organs such as the liver.

Older people face greater risk

Older people are at particularly high risk for harmful alcohol—medication interactions. Aging slows the body's ability to break down alcohol, so alcohol remains in a person's system longer. Older people also are more likely to take a medication that interacts with alcohol—in fact, they often need to take more than one of these medications.

Timing is important

Alcohol and medicines can interact harmfully even if they are not taken at the same time.

Remember

Mixing alcohol and medicines puts you at risk for dangerous reactions. Protect yourself by avoiding alcohol if you are taking a medication and don't know its effect. To learn more about a medicine and whether it will interact with alcohol, talk to your pharmacist or other health care provider or visit

<http://pubs.niaaa.nih.gov/publications/Medicine/mec.htm>.

When "Day Drinking" Becomes Destructive Drinking

MILLINGTON, Tenn. (NNS) -- The Keep What You've Earned campaign released its second testimonial video Oct. 11 as part of a series featuring four Sailors' personal stories about how alcohol incidents impacted their careers and the importance of drinking responsibly.

The latest video features Master-at-Arms 2nd Class Jason Hall from Naval Base San Diego. He reveals how his destructive drinking habits finally caught up with him, and the impact it had on his career, his wallet and his relationships.

For Hall, it was just another typical day of heavy drinking after work. Thinking that he could sleep off the effects of the alcohol, he woke up later in the night and tried to drive home while still intoxicated.

"I hit two pylons, and before I was able to pull over, the police were already behind me," said Hall.

Hall was convicted for driving under the influence and ended up paying approximately \$7,000 in fines, or in his words, "the most expensive night out ever."

In the video, he credits his Drug and Alcohol Programs Advisor with helping get his career - and his life - back on track.

Today Hall focuses his energies on cycling, cooking and caring for his young, energetic dog. He is also working on rebuilding his career and earning back the respect of his shipmates, parents, siblings and friends.



<http://youtu.be/qrqTYvyBzdw>

Hall volunteered to participate in the Keep What You've Earned testimonial video series so that other Sailors can see the reality of destructive drinking and learn from his mistakes.

"I actually get upset when I see people making the same mistakes that I did and having the thought that it won't be them," said Hall. "I used to think the same thing - that it wouldn't be me - and it definitely was me."

Hall's testimonial is the second of four that will be released this fall as part of the Keep What You've Earned campaign. Each testimonial reminds Sailors of the importance of drinking responsibly and keeping what you've earned.

You can watch all of the Keep What You've Earned videos at www.youtube.com/embed/qrqTYvyBzdw. For more information, and to help promote responsible drinking within your command, visit www.nadap.navy.mil.

For more news from Chief of Naval Personnel, visit www.navy.mil/local/cnp/.

NADAP Webinars

All webinars begin at 1300-1400 (CST). An additional webinar is available at 1700 (CST)

Click the link below to join the webinar.

<https://connect.dco.dod.mil/nadapwebinar1/>

If you do not already have a Defense Connect Online (DCO) account, we would strongly recommend creating an account prior to the event. To setup a DCO account, visit

<https://www.dco.dod.mil/>

14 NOV	Prevention Campaigns & How to Order
21 NOV	ADCO Responsibilities
5 DEC	UPC Responsibilities

Harm Associated with Underage Drinking in the United States

Underage drinking is a risk that attracts many developing adolescents and teens. When young people try alcohol, they often don't realize the damaging effects drinking can have on their own lives, their families, and their communities. Aside from being illegal, underage drinking is a widespread public health problem that poses many risks.

Underage Alcohol Use Overview

- Alcohol is the drug of choice among America's adolescents and is used by more young people than tobacco or illicit drugs.
- Youth generally drink less often than adults, but drink more than adults when they do use alcohol.
- Approximately 9.3 million 12- to 20-year-olds (or 24.3 percent of this age group) reported drinking alcohol during the past 30 days. About 5.9 million (15.3 percent) were binge drinkers (defined as having five or more drinks on the same occasion), and 1.7 million (4.3 percent) were heavy drinkers (defined as having five or more drinks on the same occasion on each of 5 or more days in the past 30 days).
- Most (81.4 percent) of the 4.3 million individuals who first began using alcohol during the past year were younger than age 21. Approximately 58.3 percent were younger than age 18.
- When asked how easy it would be to get alcohol if they wanted some, the majority of students in the 8th, 10th, and 12th grades said it would be "fairly easy" or "very easy."
- A majority of underage current drinkers reported that their last use of alcohol in the past month occurred either in someone else's home (54.4 percent) or in their own home (31.4 percent).
- Among underage drinkers who were given, rather than purchased, alcohol, the most common source was an unrelated person age 21 or older (36.2 percent). Parents, guardians, or other adult family members provided the last alcohol to 23.0 percent of underage drinkers.
- Youth drinking is correlated with adult drinking practices. For example, children of parents who binge drink are twice as likely to engage in binge drinking and to meet alcohol-dependence criteria.



Underage Drinking by Adolescents

- About 11 percent of eighth graders reported drinking during the past 30 days, with 3.6 percent of them drinking to intoxication. Rates for 10th graders were 28 percent reporting past 30-day use and 14.5 percent drinking to intoxication, while rates for 12th graders were 42 percent reporting past 30-day use and 28.1 percent drinking to intoxication.
- In 2011, approximately 5.1 percent of high school students had drunk at least one alcoholic beverage on school property during the past 30 days.
- Among youth ages 12 to 17 who were heavy drinkers, 67.9 percent were current illicit drug users.

For more information on underage drinking and its prevention, visit:

https://www.stopalcoholabuse.gov/media/pdf/UAD_Fact_Sheet_OCT2013_508.pdf

<http://www.toosmarttostart.samhsa.gov/families/talking/default.aspx>

Underage Drinking Overall Health and Safety Risks

- Underage drinking contributes to a wide range of costly health and social problems, including injury and death from motor vehicle crashes, interpersonal violence (such as homicides, assaults, and rapes), unintentional injuries (such as burns, falls, and drowning), brain impairment, alcohol dependence, risky sexual activity, academic problems, and alcohol and drug poisoning.
- Underage alcohol use can alter the structure and function of the developing brain, which continues to mature into the mid- to late-twenties, and may have long-term consequences.
- Adults age 21 or older who first used alcohol at age 14 or younger were more than seven times as likely to be classified with alcohol dependence or abuse as adults who had their first drink at age 21 or older (15.2 vs. 2.1 percent).
- On average, alcohol is a factor in the deaths of approximately 4,700 young people in the United States per year, shortening their lives by an average of 60 years.
- Nearly one fifth (24.1 percent) of high school students reported riding in a car driven by someone who had been drinking.
- In 2010, 26 percent of 15- to 20-year-olds who were driving under the influence and killed in traffic crashes had a blood alcohol content of 0.08 or higher.

Prevention works

Most 6-year-olds know that alcohol is only for adults. Between ages 9 and 13, youth begin to think that alcohol use is okay. That's why it's never too early to start talking with young people about the dangers of underage drinking. In fact, teens say that they rely on adults in their lives more than anyone else to help them make tough decisions and to provide good advice.

Here are some general tips:

- When you talk with your children about drinking, listen to them and respect what they say.
- Make clear your expectation that your children will not drink.
- Teach your children about the dangers of underage drinking.
- Discuss laws about underage drinking, including the age 21 law.



DoD Red Ribbon Week Award Winners

Each year, DoD recognizes the best DoD youth-centered substance abuse prevention programs in each service. The Fulcrum Shield Award recognizes the best youth-centered outreach group that successfully demonstrates the ability to provide youth leadership opportunities and reach populations outside the membership of the group with the anti-drug message. Naval Computer and Telecommunications Area Master Station Atlantic was selected as Navy's winner for the Fulcrum Shield Award. The Community Drug Awareness Award recognizes the best substance abuse prevention program in each service that promotes the anti-drug message. Commander Strategic Communications Wing ONE, Tinker AFB, OK was selected as Navy's winner for the Community Drug Awareness Award. Congratulations on a job well done! The awards ceremony will be held in the Hall of Heroes located in the Pentagon on November 14, 2013.

Our Flag Update

The latest version of the *Our Flag* video contains copyrighted music that the Navy no longer has rights to use; therefore, this version should not be used at the local programs. NADAP negotiated a contract to produce a new production without copyright expiration and should be available for use in mid-2014.

Ordering Prevention Materials

NADAP provides a variety of campaigns intended to promote substance abuse prevention. And to make it even easier, the majority of campaign materials are now available through the Navy Logistics Library (NLL) at no cost to all Navy commands.

Due to unscheduled maintenance, the Navy Logistics Library is offline. To place an order, please contact the NLL Help Desk at 1-866-817-3130 or email: nllhelpdesk@navy.mil . Please provide the following info when placing an order:

- Stock number and/or pub number (Click here to view Pub Numbers)
- Title
- Qty
- Shipping DODAAC
- Name, Telephone # and email address

Campaign	Message	Materials
Keep What You've Earned	As the Navy's Flagship responsible drinking campaign, it seeks to encourage responsible drinking among Sailors by celebrating the achievements in their Navy careers.	Posters Fact Sheet Banners
Who Will Stand Your Watch?	A substance abuse prevention campaign designed to educate Sailors of the negative impact substance abuse can have on a Sailor's family, shipmates, and career.	Pamphlets Posters PSAs
The Domino Strategy on How to Drink Responsibly	A social marketing campaign that encourages Sailors to pay attention to the size, content and amount of alcohol they consume each time they drink.	Pamphlets Posters Banners Table Tents
Spice: It's Not Legal. It's Not Healthy. It's Not Worth it.	An informational poster produced by the Navy Bureau of Medicine and Surgery about the designer drug Spice.	Posters
That Guy	That Guy is a research-based DoD/TRICARE behavior change campaign that employs a humorous approach and focuses on social disapproval to help reduce binge drinking among the junior enlisted across all branches of service.	Posters Coasters Playing Cards
Sailor's Guide for Substance Abuse Prevention	Pocket-sized guides address substance abuse in the Navy and provide tips, strategies, and resources to increase your awareness, understanding and control of substance abuse.	Pocket Guide
Prevention Banners	Awareness banners are intended to promote various prevention topics. They can be placed at gate entrances, building entrances and events around base.	Banners

ADMITS UPDATE:

Due to BOL upgrades, access to ADMITS is limited at this time. As the Navy works to strengthen its security, we ask that you continue to document, screen, and treat members where appropriate.

Access to ADMITS should not stop screening and treatment. Request you hold DAARs and screening and treatment results on station until this problem is resolved. Urinalysis results have continued to be uploaded into ADMITS via iFTDTL during this period and will be available immediately once access has been restored. We appreciate your patience in this matter.

ADMITS Helpdesk:

Phone: (901) 874-4214

Email:

MILL.ADMITS@NAVY.MIL

Fax: (901) 874-6655